



School Health Advisory Council (SHAC)

September 8, 2026 – 4:30 p.m.
DISD Service Center

Meeting Minutes

The SHAC meeting on September 8, 2026, began with introductions and a review of the agenda. Topics included health updates from District Nurse Rachel Weger, mental health updates from Jackie Melancon, and miscellaneous items.

Action Items

- Share trustworthy, non-political vaccine education resources with SHAC members and parents.
- Continue monitoring federal vaccine recommendation changes and any resulting review or changes from Texas DSHS.
- Continue implementing the district's updated heat-index guidelines consistently across campuses.
- Develop district cold-weather guidelines before the upcoming winter season.
- Confirm the name of the school-based mental health screening tool currently used by Communities In Schools.
- Continue making TChat parent-support services available to Houston Elementary and other campuses.
- Provide TChat information and parent-support materials at scheduled campus open houses.
- Distribute Cook Children's grief-support bags and resources to campuses as appropriate.
- Share information regarding the October 20 Cook Children's counselor roundtable with district counselors.

Meeting Summary

- **Introductions and Attendance**
- Jacki Woolford, SHAC chairperson and Director of Special Programs, welcomed members to the September 8, 2026, meeting.
- Rachel Weger introduced herself as the district nurse.
- Cindy Aguilar introduced herself as a community representative.
- Jeannine Hatt introduced herself as an area pediatrician and noted that she has served on SHAC since the committee was established.
- Jackie Melancon introduced herself as the district Thrive Coordinator.
- Kyle Uber introduced himself as Assistant Superintendent for Administration.
- Jerika Liggett introduced herself as the Food Service Manager.
- Tony Nunn, Director of Curriculum, joined the meeting after introductions began.

Health Updates from Rachel Weger

- Kindergarten vaccine exemption rates increased from 5.1% last year to 5.4% this year.
- Seventh-grade exemption rates increased from 4.3% last year to 6.1% this year.
- The increase was discussed in relation to the newly released exemption affidavit, which allows parents to print the form, sign it, have it notarized, and submit it to the district.

- Texas statewide exemption rates discussed included approximately 4.6% for kindergarten and 3.8% for seventh grade during the previous year.
- SHAC members discussed whether parents receive educational information before making decisions regarding vaccine exemptions.
- The district provides parents with information about their rights and makes educational resources available through registration and the district website.
- Rachel has a handout containing trustworthy websites that parents can use for vaccine information.
- The district continues to provide student vaccine clinics at the beginning and end of the school year.
- For the seventh-grade clinic, parents may complete paperwork without being present while the school coordinates the vaccination process.

Federal Vaccine Recommendations and Texas Requirements

- Federal vaccine recommendations were formally changed in August 2026.
- Rachel explained that the federal changes do not currently change Texas school vaccine requirements for the 2026–2027 school year.
- Texas requirements are governed by the Texas Department of State Health Services.
- DSHS is expected to review the federal changes, and the district will monitor possible changes for the 2027–2028 school year.
- Potential changes discussed included removal of hepatitis A, hepatitis B, and meningitis from federal recommendations.
- SHAC discussed the importance of maintaining approximately 95% or greater vaccination coverage to reduce the likelihood of sustained transmission following exposure.
- The group discussed reviewing vaccination rates by individual vaccine because students may be exempt from some vaccines but not others.
- The Vaccines for Children program is expected to continue providing vaccines for eligible uninsured and underinsured children.

Senate Bill 12 – Parental Health-Care Consent

- The district continues to use an opt-out process for school health services.
- Parents must complete and return an opt-out form.
- Only two students districtwide have been opted out of health services.
- Parents may opt out of certain screenings, including vision, hearing, and spinal screenings.
- Certain non-emergency health assessments and services may also be affected by an opt-out.
- Emergency care remains available.
- Basic care, such as taking a temperature or applying a Band-Aid, remains available, although more extensive assessment or treatment may be restricted when a parent has opted out.

Heat-Index Guidelines

- The district developed updated heat-index guidelines for the 2026–2027 school year.
- The purpose is to ensure a consistent districtwide response to high temperatures.
- The guidelines were developed using recommendations from the National Weather Service, CDC, and other organizations.
- The guidelines are based on the heat index rather than a wet-bulb measurement.

- The district does not currently have cold-weather guidelines but plans to develop them before colder weather arrives.

Communities In Schools Update

- Communities In Schools is fully staffed this year with seven site coordinators.
- This represents an improvement over the previous year when several positions remained vacant until later in the school year.
- Scott Middle School has met TEA standards for academic, behavior, and attendance goals for two consecutive years.
- Last year's data included:
 - 105 home visits.
 - 4,078 students receiving case-management services.
 - 118 Tier 1 activities across seven campuses.
 - Approximately 8,900 Tier 2 services.
 - Approximately 58,000 Tier 3 services.
- Tier 1 activities are provided to the entire campus.
- Tier 2 activities are provided in smaller group settings.
- Tier 3 services provide more individualized support.
- Examples of Tier 2 services include breakfast check-ins and short relaxation or decompression sessions.
- Site coordinators also assist with basic needs such as clothing, food, and other resources.
- Communities In Schools provided 580 contacts related to behavior, mental health, and behavioral health.
- Twenty students received individual counseling through the Communities In Schools clinical service.
- Students receiving individual counseling typically received eight to ten sessions.
- Students needing more intensive services may be referred to outside providers.

TChatt Virtual Counseling

- TChatt services are now available at all district campuses.
- Houston Elementary was added near the end of the previous school year.
- Virtual counseling is less effective for younger elementary students, so TChatt also provides behavioral parent support and coaching.
- TChatt received 72 referrals last year, representing a 68% increase over the previous year.
- Fifty-four students were assessed.
- Thirty-four students received virtual visits.
- Fifty-eight students received supportive case-management contacts.
- There were 103 total virtual visits.
- TChatt provides brief counseling, generally consisting of four to five sessions focused on coping skills.
- TChatt may also provide case management and referrals to community resources.
- TChatt added CPAN services, which can connect students with child psychiatric support when access is limited.
- CPAN services may assist with medication management for a limited period and work with the student's primary-care provider or help the family identify longer-term care.
- TChatt representatives will provide parent-support information at upcoming campus open houses.

Grief Support

- The district provided grief support following the loss of a student at Mayes Elementary at the beginning of the school year.
- District counselors supported students and staff, with additional attention provided to teachers who were particularly affected.
- Counselors were available to students on the first day of school.
- Region 10 provided a grief-response team of six counselors.
- Four students participated in a group-processing session.
- Counselors continued checking in with staff and students during the week following the loss.
- Cook Children's provided grief-support bags for students and teachers at no cost.
- Student bags include tissues, seeds, and activities related to identifying and expressing emotions.
- Teacher bags include stress-relief items, tea, adult coloring books, and other resources.
- Additional grief cards and counselor resources are expected.
- Cook Children's will host a Grayson County counselor roundtable on October 20 covering topics including ACEs, grief, trauma-informed classrooms, and other student-support topics.

Miscellaneous and Adjournment

- Members were given an opportunity to raise additional questions or items.
- No additional items were brought forward.

Upcoming SHAC meeting dates set.

2026-2027 meeting dates are November 10, 2026, February 9, 2027, and May 4, 2027.

There being no further items, the meeting adjourned at 4:58 P.M.